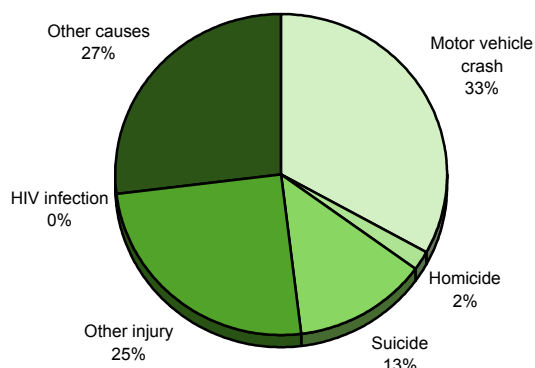


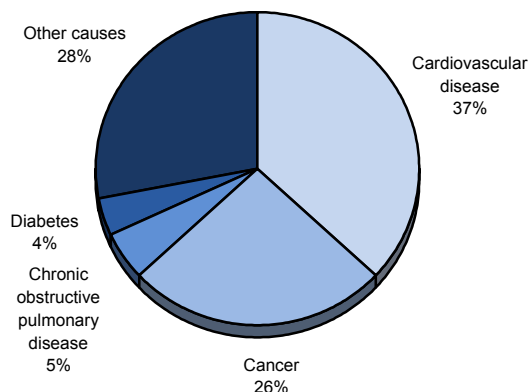
# Vermont

## These leading causes of death<sup>1</sup> . . .

### Youth Aged 10-24 Years



### Adults Aged 25 Years and Older



## . . . result from these risk behaviors.<sup>2</sup>

### Unintentional Injuries and Violence

- 11%** Rarely or never used safety belts
- 24%** Rode with a drinking driver during the past month
- NA<sup>3</sup>** Carried a weapon during the past month
- 26%** Were in a physical fight during the past year
- 7%** Attempted suicide during the past year

### Alcohol and Other Drug Use

- 48%** Drank alcohol during the past month
- 29%** Reported episodic heavy drinking during the past month
- 30%** Used marijuana during the past month
- NA** Ever used cocaine
- NA** Ever sniffed or inhaled intoxicating substances

### Sexual Behaviors

- NA** Ever had sexual intercourse
- 10%** Ever had four or more sex partners
- 29%** Had sexual intercourse during the past three months
- 40%** Did not use a condom during last sexual intercourse<sup>4</sup>
- 69%** Did not use birth control pills during last sexual intercourse<sup>4</sup>

### Tobacco Use

- NA** Ever smoked cigarettes
- 24%** Smoked cigarettes during the past month
- 13%** Smoked cigarettes on  $\geq 20$  days during the past month
- 5%** Used smokeless tobacco during the past month
- 12%** Smoked cigars during the past month

### Dietary Behaviors

- 12%** At risk for becoming overweight<sup>5</sup>
- 10%** Overweight<sup>6</sup>
- 74%** Ate < 5 servings of fruits and vegetables per day during the past 7 days
- 74%** Drank < 3 glasses of milk per day during the past 7 days

### Physical Activity

- 33%** Did not participate in vigorous physical activity<sup>7</sup>
- 72%** Did not participate in moderate physical activity<sup>8</sup>
- 51%** Were not enrolled in physical education class
- 72%** Did not attend physical education class daily
- 28%** Did not participate in vigorous physical activity<sup>7</sup> and did not participate in moderate physical activity<sup>8</sup>

<sup>1</sup> 1999 Mortality data.

<sup>2</sup> 2001 Youth Risk Behavior Survey. Among high school students only, weighted data.

<sup>3</sup> Data not available.

<sup>4</sup> Among students who had sexual intercourse during the past 3 months.

<sup>5</sup> Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex based on reference data from CDC growth charts, National Center for Health Statistics, 2000.

<sup>6</sup> Students who were at or above the 95th percentile for body mass index by age and sex based on reference data from CDC growth charts, National Center for Health Statistics, 2000.

<sup>7</sup> On 3 or more of the past 7 days.

<sup>8</sup> On 5 or more of the past 7 days.